

# the buzz

May 2019



## The U.S. Department of Health and Human Services' Office on Women's Health

leads National Women's Health Week to remind women to make their health a priority and build positive health habits for life. The 20th annual National Women's Health Week is celebrated during the week following Mother's Day - May 12-18, 2019.

### As a woman, what steps can I take for better health?

- **Visit your doctor's office** for a well-woman visit (checkup) and your preventive screenings.
- **Get active.** Women should be exercising 30 minutes a day, 5 days a week.
- **Eat healthy.** Follow a healthy eating pattern that includes nutritious foods like fruits, vegetables, lean meats and whole grains. Eating healthy also includes consuming the right amount of calories for you (not eating too much or too little). Go to **Get Your MyPlate Plan** to calculate how many calories you should be eating.
- **Pay attention to mental health**, including getting enough sleep and managing stress. Each year, about one in five U.S. women experiences some type of mental health condition, such as depression or anxiety.
- **Avoid unhealthy behaviors**, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet.

The above steps are the foundation for a lifetime of good health. They can help you be as healthy as possible, no matter what age!



Enter for a  
Chance to  
**WIN**

## Healthy Living at Any Age

Join the National Women's Health Week celebration and learn what additional steps you can take based on your age by following these directions:

1. Go to the **Women's Health Week** web page.
2. Select your age.
3. Read or print your health checklists.

It's never too early or late to work toward being your healthiest you! This National Women's Health Week, we want to help you take control of your health. Join the National Women's Health Week celebration and learn what you can do to lead a healthier life at any age.

## How much do you know about healthy living?

Take the quiz and follow the steps below to enter for a chance to win a **Bee-Fit tote filled with healthy goodies**.

1. Take the **What's Your Health Score** Quiz.
2. Print or screen shot the last page that includes your health score.
3. Send it to Bee-Fit Wellness Coordinator Cathy Hargrove by email [hargrovec@stlouis-mo.gov](mailto:hargrovec@stlouis-mo.gov) or fax at 314-612-1488 by May 15.

# May Happenings

## Mammography Screenings

Schedule your screening with the Siteman Cancer Center Mammography Van. Appointments must be made in advance by calling 314-747-7222 or 800-600-3606 (press Option 2) between 8 a.m.-4:30 p.m., Monday-Friday. Appointments are strongly recommended and walk-ins are accepted as time permits. Visit the [Employee Screening Web Page](#) for a complete list of City of St. Louis work site screenings.

## MAMMOGRAPHY SCREENING SCHEDULE

Date	Location/Address	Time
May 16	City Hall 1200 Market St., St. Louis, MO 63103	8 a.m.-3 p.m.
June 12	Fire Dept Headquarters 1421 N Jefferson Ave, St. Louis, MO 63106	8 a.m.-3 p.m.
June 26	Police Division Headquarters 1915 Olive St., St. Louis, MO 63103	8 a.m.-3 p.m.
June 27	City Hall 1200 Market St., St. Louis, MO 63103	8 a.m.-3 p.m.

## Biometric Health Screenings

(Don't miss out on your \$50 gift card!)

Active employees who are **covered under the City of St. Louis Medical Plan** are eligible to sign up for a voluntary **FREE** biometric health screening. Call the BJC Health Line at 314-747-7234, Monday-Friday from 8 a.m.-6 p.m.

Date	Location/Address	Time
May 1	City Hall 1200 Market St., Rotunda, St. Louis, MO 63103	9 a.m.-noon
May 2	Refuse Division 1200 Central Industrial Dr., Ready Rm., St. Louis, MO 63110	12-2 p.m.
May 7	Water Division-Howard Bend Waterworks Rd., Filter Plant Training Rm., Chesterfield, MO 63017	9-11 a.m.
May 9	Water Division-McRee 4600 McRee Ave., Lunch Rm., St. Louis, MO 63110	7:30-9:30 a.m.
May 14	City Justice Center 200 S Tucker Blvd., Briefing Rm., St. Louis, MO 63102	1-4 p.m.
May 15	Parks and Recreation 5600 Clayton Ave., Conference Rm., St. Louis, MO 63110	7-9:30 a.m.
May 16	Carnahan Building 1114 Market St., Rm. 919, St. Louis, MO 63101	9 a.m.-noon
May 21	City Hall 1200 Market St., Rotunda, St. Louis, MO 63103	9 a.m.-noon
May 22	Police Division Headquarters 1915 Olive St., Cafeteria, St. Louis, MO 63103	11 a.m.-12:30 p.m.



## May Trivia - Men's Health

Celebrate Men's Health by taking the **Prostate Education Quiz** below and submitting answers by May 15. Send answers to Bee-Fit Wellness Coordinator Cathy Hargrove by email [hargrovec@stlouis-mo.gov](mailto:hargrovec@stlouis-mo.gov) or fax at 314-612-1488. All who submit answers will be entered into a raffle for a Bee-Fit gym bag filled with healthy goodies. Trivia answers can be found in the June Buzz which will feature Men's Health Week June 10-16.

### True or False

1. The prostate is a gland in the male reproductive system.
2. Prostate cancer is the second leading cause of cancer death in U.S. men, behind only lung cancer.
3. Usually there are no symptoms of prostate cancer.
4. Age, race and family history of prostate cancer can affect the risk of developing prostate cancer.
5. Men with prostate cancer need to get treatment right away.



Provided by:  
Department of Personnel and BJC HealthCare  
for the Bee-Fit Wellness Program

For more information:  
Contact Cathy Hargrove at 314-622-4849 or  
[hargrovec@stlouis-mo.gov](mailto:hargrovec@stlouis-mo.gov)

Look for us on:  

**BJC** HealthCare